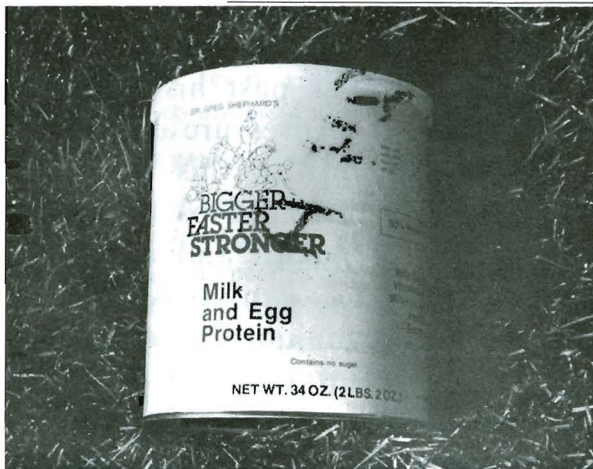


Nutrition

The BFS system of rating each meal plus snacks has received outstanding results from many coaches nationwide. I think its great because it gets athletes to think about their goals at least four times a day. In a nutshell, breakfast, lunch, dinner and snacks are each rated on a scale of 0-10 points. A great meal is worth 10 points. Basically, a good food item is given 2 points and a food which has at least some value is give 1 point. Huge amounts of any one item are given one bonus point. Candy, pop and coffee

etc. get 0 points. Forty points is the maximum per day and 10 points is the maximum per meal. A complete Nutritional Rating Chart is on the BFS Poster. The following breakdown is given: 30-40 points=Great, 25-29=Good, 20-24 points=Fair, 15-19=Poor, 10-14=Very Poor, 5-9=Drastic, and 0-4=Death. I feel if an athlete won't get at least 25 points per day then he probably should have a food supplement (the BFS Protein and/or the BFS Vitamin-Mineral Paks).



Protein

- One Can — \$15.95
- 2-5 Cans — \$14.95 Each
- 6-12 Cans — \$14.45 Each
- 13 or more — \$13.95 Each

Bigger Faster Stronger Milk and Egg Protein is the best food supplement around. Here's why: 90% complete protein (made from Milk and Egg not from inferior Soy Beans), low in carbohydrates, *No Sugar*, added vitamins and minerals, desiccated liver for recovery power and a special fluff process for easier mixing. Because of the extremely high potency, one can is a full 30 days supply. The ingredients are as follows: Calcium caseinate, lectal-bumen, dried whole eggs, lecithin, primary grown yeast, desiccated liver, bromelain and papain, and natural flavors.

Eat Well—Perform Well

Call TOLL FREE 1-800-521-4992 Ext. 70 and use Master Card or VISA.

Mixing Your Protein

With any protein, you just about have to use a blender. Even though the *BFS Protein* has a special fluff process, it's best to use a blender. Here are 3 ways to blend the *BFS Protein*:

1. One banana, 3 heaping tablespoons of *BFS Protein* and fill blender with milk.
2. One banana, 3 heaping tablespoons of *BFS Protein* and fill blender with fresh or frozen orange juice.
3. One banana, ½ carton of frozen strawberries, ice cream, 3 heaping tablespoons of *BFS Protein* and fill blender with milk.

These will give you a super nutritional drink. Be creative and add your own combinations of fruits, syrups and juices.

Vitamin-Mineral Pak

- One Pak — \$15.95
- 2-5 Paks — \$14.95 Each
- 6-12 Paks — \$14.45 Each
- 13 or more — \$13.95 Each

The *Bigger Faster Stronger Vitamin and Mineral Pak* comes in special plastic bags (30 to a pak). Each bag contains what every athlete needs for a super nutritional diet. It contains Vitamins A (25,000 units), B¹ (50 mg.), B² (50 mg.), B⁶ (50 mg.), B¹² (50 mcg.), C (500 mg.), D (1,000 iu.), E (20 iu.), and 1,200 mg. of Lecithin. The minerals are as follows: Calcium (300 mg.), Phosphorus (200 mg.), Magnesium (400 mg.), Iron (18 mg.), Zinc (15 mg.), Copper (2 mg.) and Iodine (.15 mg.). Vitamins B¹, B², B⁶, B¹² and C are time released.

**You may add your Protein and Vitamin-Mineral orders together for quantity discounts. For example, 3 cans of Protein and 3 Vitamin-Mineral Paks= \$14.45 Each.*